

The Lived Experience of Cerebral Palsy and Spinal Cord Injury in Mental Health

A Rapid Systematic Literature Review



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

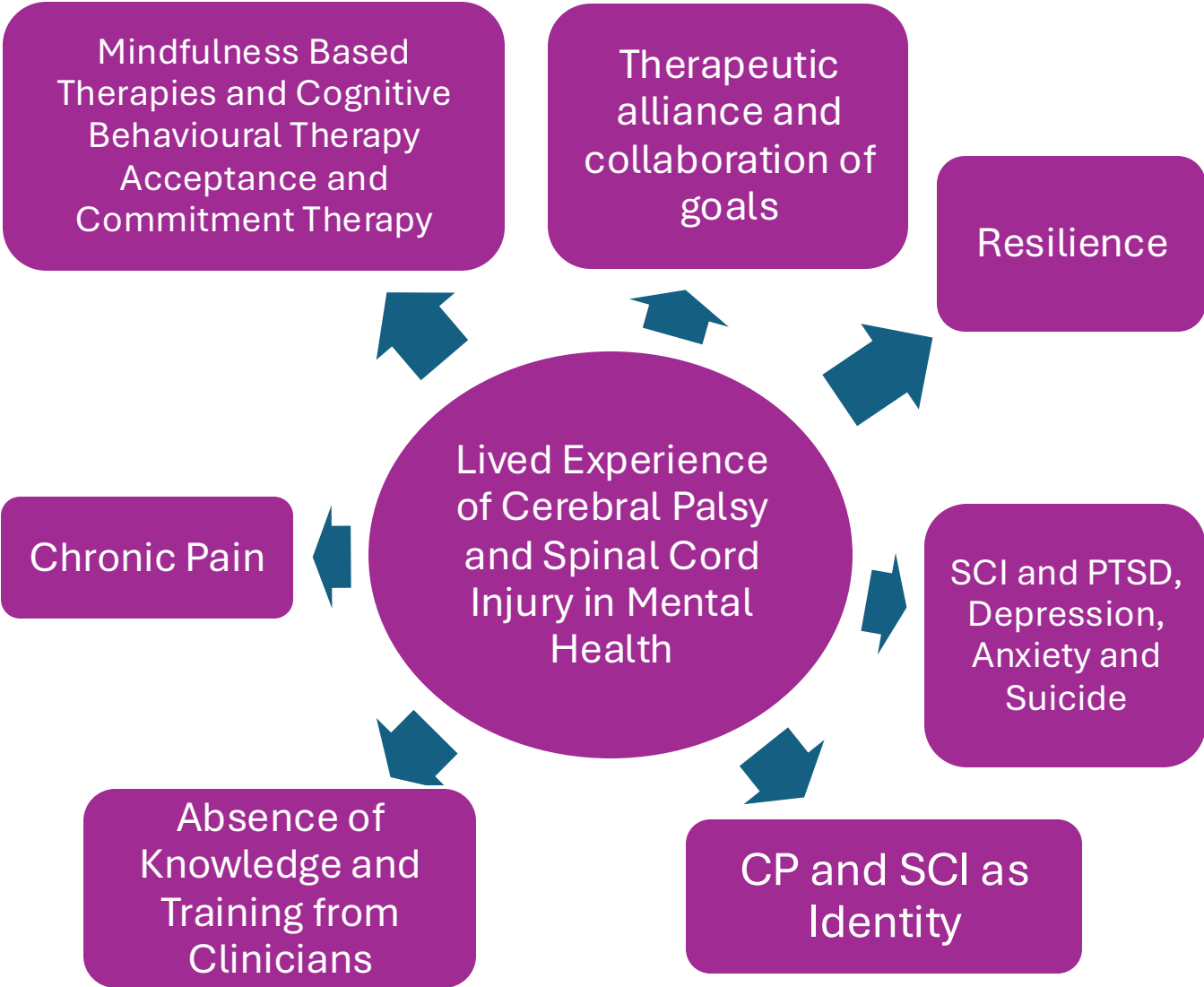
RESULTS

Results indicated that people with CP and SCI have, on average, increased prevalence of depression (30%), anxiety (30%) and PTSD (40%). MBT and CBT were successful in over 80% of studies in alleviating depression and anxiety in both cohorts. Collaboration of goals and therapeutic bonds were found to have positive outcomes. The stronger the therapeutic alliance, the greater the treatment success.

DISCUSSION

Clinicians should adapt their therapy using telehealth or augmented alternative communication (AAC) methods. Timeframes and therapeutic interventions must also be adapted to client requirements eg. CP and SCI are unable to utilise diaphragmic breathing as per MBT and CBT protocols.

- Key Take Aways/Themes:**
- Identity and self-perception
 - Adaptation and coping
 - Peer and social support, therapeutic alliance and clinical interventions
 - Emotional labour and professional perspectives
 - Absence of clinical knowledge and systemic gaps in mental healthcare.



Kate Ferguson
Dr Jaya Valvoi, Sam McArdle

INTRODUCTION

- Aims:**
- CP and SCI are the two most common physical disabilities globally.
 - A gap was identified in psychotherapy practices around people with CP and SCI.
 - Research study aims were to investigate people with lived experience of CP and SCI in relation to depression and anxiety.
 - Final aim of the Study was to provide clinical implications into adaptations for these cohorts.

METHODS

- Design:**
- Rapid Review of both qualitative and quantitative data using SPIDER.
 - Search strategy included four databases: CINAHL, Embase, ProQuest and PubMed.
- Keywords:**
- Cerebral Palsy (CP)
 - Spinal Cord Injury (SCI)
 - Mindfulness Based Therapy (MBT)
 - Cognitive Behavioural Therapy (CBT)
 - Acceptance & Commitment Therapy (ACT)
- Data Extraction:**
- PRISMA 2020 and CASP for synthesis
 - 35 results met inclusion criteria for analysis.